

Your Guide to Prepare for Tummy Tuck and Liposuction Trip to Poland



Documents and Visa Requirements

- Valid passport or travel document with at least three months' validity beyond the intended stay in Poland.
- Check visa requirements based on your country of origin at the official website of Poland's consular services or use the Schengen Visa Info portal (<https://www.schengenvisa.info/>).
- Medical documents including your medical history, any previous surgical documentation, and a list of medications you are taking.
- Clinics in Poland offer diagnostics and tests in case the patient lacks certain medical documents, ensuring a complete evaluation before the procedure.



Accommodation Options

The clinic offers hospitalization followed by a hotel stay. While the hospital stay is typically included in the procedure package, additional nights at a partner hotel might be available at discounted rates. Self-booking is also an option. The average hotel stay per night in Poland ranges from €50 to €150, depending on the hotel's standard and location.



Transfer Services

- Clinics may offer free airport transfers to and from the clinic/hotel; otherwise, paid options are available.
- Popular taxi services such as iTaxi.pl and Free Now operate in major Polish cities with approximate prices starting from €0.50 per km.



Interpreter Services

Interpreter services are often available through the clinic, sometimes at no additional cost. It is advisable to confirm this service when making your arrangements.



Payment Methods

- Most clinics accept cash and credit/debit cards.
- The local currency is the Polish Złoty (PLN), and it's recommended to have some local cash on hand for small expenses, although many places accept payment in Euros (€) or US Dollars (\$).



Pre-Op Tummy Tuck and Liposuction Tips

- Consult with your primary care physician to ensure you are fit for surgery.
- Stop smoking at least 2-4 weeks prior to the procedure, as smoking can affect the healing process.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Maintain a stable and healthy weight; significant fluctuations can affect the surgery outcome.
- Arrange for someone to accompany you on the trip or to be available for support during your recovery.
- Prepare a recovery area in your accommodation with essentials within easy reach.
- Follow a balanced diet and stay hydrated before and after your procedure to promote healing.
- All postoperative instructions will be provided by your Tummy Tuck and Liposuction doctor in Poland.



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Prepared by Medical Coordinator

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